

## INTRODUCTION

**Do you need someone to look after your child while you work out? Your child will enjoy creative play in a fun and safe environment with responsible YMCA staff members. Child Watch is a FREE program available to those with One Adult Family and Family memberships. Up to 1-2 hours per day depending on age.**

### Child Watch



In order to maintain safety and quality, we appreciate your adherence to our guidelines.

- Child cannot exceed 12 hours per week in Child Watch (Sunday-Saturday).
- Length of Visits: 4 mos - 11 mos up to 1 hour per day, 1 yr - 12 yrs up to 2 hours per day during Child Watch hours.
- Members **MUST** remain on YMCA grounds, while children are in CW. Advance notice must be given if the checking in member will not be checking out the child/ren.
- Personal electronics are permitted for children 6 - 12 years old.
- Staff will reach you if child: has soiled diaper, has exceeded the 15 min cry-it-out limit or has gone over their allotted time.
- Have Fun!

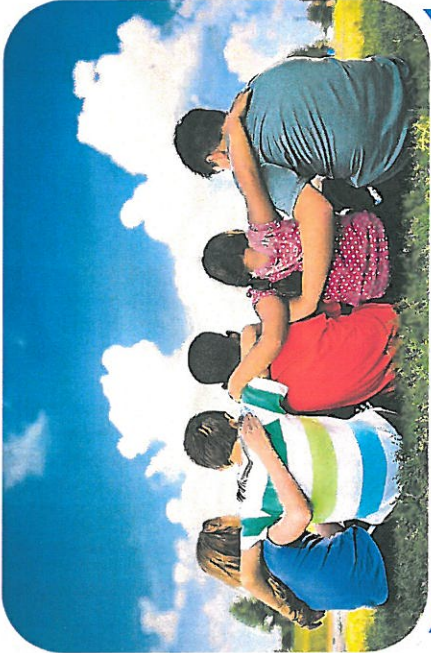


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ENSURING A BRIGHTER FUTURE

## NORTHWEST FAMILY YMCA

**Child Watch**  
4mos - 12yrs



**NORTHWEST FAMILY YMCA**

5807 McNeil Drive

Austin TX 78729

P 512-335-9622

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# CHECK IN & CHECK OUT

## Who, Where, When

- Each child must be signed in. Required information includes:
  - child's first and last name, age, parent's first and last name, parent's location (Gym, indoor pool, Triangle room), snack and any allergies as well as accurate sign in & sign out time.
- Parent and child/ren will have a band with matching numbers and child's name to be worn on his/her wrist or ankle.
- Parent MUST stay on YMCA grounds while child/ren are in Child Watch; no exceptions. A different parent can pick up, but we need advance notice.
- If you bring another YMCA of Austin member's child, we request a signed note stating parent name, emergency contact phone number, member / barcode number and reason / situation to be kept on file.
- Child cannot exceed 12 hours per week in Child Watch (Sunday-Saturday).
- Length of Visits: 4 - 11 months up to 1 hour per day, 1 - 12 years up to 2 hours per day during Child Watch hours.

## SAFETY

### Easy Does It

In the event of a building evacuation, Y staff will assist in taking children out through emergency exit to safe spot. During evacuation, parents will not be allowed to sign out child until roll has been checked.

Ratios: 5 Babies (4 - 11 months) to 1 Staff, 8 Under Age 3 (1 - 3 years) to 1 Staff, 8 3 - 6 Year Olds to 1 Staff, 10 6+ Year Olds to 1 Staff.

Room Age Group: Baby side 4 - 23 mos, Preschool side 2 - 5 yrs, Youth side 6 - 12 yrs.

## SICK CHILD

### Germ Free

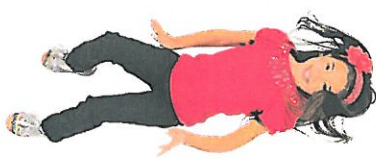
We follow the recommendations of the CDC. A child should be symptom free for a minimum of 24 hours. If a child is too sick to attend school/daycare you may be asked not to use CW.

## Helpful Hints for Parents

- Pacifiers on a clip attached to child's clothing.
  - Child should be well rested.
  - Diapers should be clean and dry.
  - If potty training, let staff know to encourage using bathroom.
  - Label bottle / spill-proof cup with child's name.
  - Parents may provide a Peanut/Nut Free snack.
  - Recommended Snacks: Pretzels, Fruit, Gold Fish/Crackers, Water -No fast food/meals of any sort.
  - Proper Attire: clothes and close-toe shoes.
- Child Watch has a 15 minute cry-it-out limit. Staff is accustomed to comforting a child with separation anxiety, if child has difficulty adjusting, staff will reach you. Parent is encouraged to make goodbye short, with a promise of returning soon. If child's love is helpful to ease separation anxiety let staff know so the toy stays with child and doesn't get mixed with our toys or go home with the wrong child. Parent / Guardian permitted to stay up to 15 minutes to help children get comfortable in Child Watch, staff will reach you if needed.

## Child Expectations

- Caring: show a sincere concern for others.
- Honesty: be truthful in what you say and do.
- Respect: how you treat someone.
- Responsibility: be accountable for your actions.
- Faith: use kind and encouraging words.
- Use inside voice.
- Follow directions.
- Make friends.



## CHILD WATCH SCHEDULE

4 months - 12 years

Sunday 11a - 3p

Monday - Saturday 8a - 1p

Monday - Thursday 3p - 8p

## BREAKOUT SCHEDULE

Designed to entertain and engage kids through beginner games and activities. Participants will improve upon basic motor skills such as running, jumping and hand-/foot-eye coordination as well as the importance of sharing and working together.

\*Specify whether or not you want your child to participate on sign in sheet.

### KID FIT

3 YRS - 5 YRS

Mon - Fri 9:30a - 11a

### YOUTH FIT\*

\*OFFERED ON SCHOOL HOLIDAYS/SUMMER

6 YRS - 12 YRS

Mon - Fri 9:30a - 11a

